



**HOPE  
HEALTHCARE**

# media release

*For immediate use*

## **CARING FOR THE CARER Volunteers help host morning teas for carers**

This year National Palliative Care Week is from 23 to 29 May and has the theme “*Caring for the carer*”.

**During Palliative Care week, at Greenwich and Neringah Hospitals, Volunteers will be helping our  
Diversional Therapists to host morning teas to celebrate and honour the role of the carer.**

The contribution to end-of-life care by carers is immense and too often, the impact on carers goes unrecognised said Julia Thomas, Volunteer Coordinator at Greenwich Hospital. “Those looking after a relation or loved one with cancer or other terminal illness can find the experience both physically and emotionally draining.”

“So for a few hours during National Palliative Care Week, carers can relax at Greenwich and Neringah Hospitals over morning tea and allow *themselves* to be the focus of care for just a while.

“Meeting the physical, emotional and spiritual needs of those who are sick can be both demanding yet rewarding but as an essential part of palliative care at Hope Healthcare (Neringah, Greenwich and Braeside Hospitals and Northern Beaches Palliative Care Service), we support both the patient **and the carer**. And our Volunteers play an important role in this too.”

“Volunteers support the patient and carer in the community and offer respite to the carer whilst the patient is still at home. In our hospitals, volunteers form an integral part of our multi-disciplinary team, and perform a range of duties including pastoral care, listening, driving patients to and from appointments, massage, as well as assisting with art and diversional therapies.”

Note: New volunteers are *always* needed. At Greenwich and Neringah Hospitals and Northern Beaches Palliative Care Service we need Volunteers to work with our palliative care patients and their families. A volunteer training and education program with ongoing support is provided.

**For further information** contact Julia Thomas, Volunteer Coordinator, Greenwich Hospital 9903 8223.

*Sydney 20 May 2004*

D:\My Documents\Winword\HOPE\medrlse\medrl097a.doc

■ Aged Care Psychiatry

■ Community & Aged Services

■ Palliative Care

■ Rehabilitation

**Specialised Public  
Health & Community Services**

**Hope Healthcare Limited ABN 72 074 354 028**  
A ministry of the Anglican Deaconess Institution Sydney

**www.hopehealthcare.com.au**